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SAVING CANTONESE

The most prevalent language spoken by the Chinese-immigrant community in Vancouver for decades is under threat

metroNEWS

Claudia Kelly Li, with niece Alanis Wong, at the Dr. Sun Yat-Sen garden on Thursday. Li says language is an important way through which youth can connect with their heritage. JENNIFER GAUTHIER/METRO

'Homelessness crisis has intensified'

HOUSING

Latest tent city established by activists

David P. Ball
Metro | Vancouver

Homelessness activists attempted to resurrect a homeless tent city at 58 West Hastings St. on Sunday — the same vacant lot that saw a drawn-out occupation during the 2010 Olympics.

Though the small handful of tents occupying the site paled in comparison to the dozens at the undeveloped site five years ago, organizers said it's just the beginning and called for more people to join.

"This site has a history to us in the community," Karen Ward, a spokesperson for the Vancouver Area Network of Drug Users (VANDU), said at the encampment on Sunday. "We're calling for 100 per cent social housing on this site, prioritizing people with disabilities, seniors and homeless.

"This is overdue. The homelessness crisis has intensified, the numbers this year were higher than ever."

This year's homeless count saw the greatest number of people sleeping on the streets and in shelters in the last decade — 1,847, which Ward argued was likely even a low estimate.

Meanwhile in Burnaby, housing activists began occupying a building near Metrotown to protest mass evictions of tenants.

"These coordinated occupations show that the housing and homelessness crisis is not just a matter of the so-called 'street homeless,'" said a joint statement. "The crisis includes more than 100,000 people throughout B.C. who are evicted, couch surfing, displaced, under-housed, pushed out of tent cities, criminalized, and homeless."

Previous tent cities on the lot, at Oppenheimer Park, at the Vancouver Art Gallery — as well as one currently battling against eviction in Victoria — have sparked controversy over safety, health and fire concerns.

The Vancouver Police Department said it has not made any plans related to the encampment at this point.

"It is too early for me to speculate on what police will do, if anything at this time, when we speak with people on both sides," police spokesman Const. Brian Montague told Metro in an email.

Asked whether the latest iteration of a tent city would face the same concerns as its predecessors, Ward said there are now "strict safety protocols" including requiring tents to be separated by space to avoid fire spreading, forbidding smoking and candles in tents, and ensuring there are people on site trained in drug overdose prevention and administering the overdose-reversing drug Narcan.

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Prime Minister Trudeau offers a message of tolerance during visit to Auschwitz. **Canada**

Community fishery helps independent fishermen thrive

SMALL BUSINESS

Program delivers seafood across the country

Wanyee Li
Metro | Vancouver

Sonia Strobel co-founded Skipper Otto's Community-Supported Fishery with her husband Shaun in 2008. JENNIFER GAUTHIER/METRO

A community-fishing enterprise in Vancouver has grown so popular the founders are planning to build two of their own processing plants.

Sonia Strobel and her husband, Shaun, started Skipper Otto's Community-Supported Fishery in 2008 after they realized Shaun could not make a living as a fisherman on his own. The company works like a co-op, with members buying shares at the beginning of each season and spending the credit on fish throughout the year.

Members can pick up the weekly catch, which ranges from tuna to spot prawns to king crab, directly from workers at the False Creek Fishermen's Wharf.

"We're able to get those fish much earlier in their journey than we would do if we were buying from the supermarket," said Vancouver resident Natalie Tsang, who was one of 40 people signed up with Skipper Otto's in its first year.

A $300 share would provide a family of four with about one serving of seafood per week for a year, according to the company's website.

Tsang said one of the biggest benefits of getting their seafood from Skipper Otto's is her children are able to see where their food comes from.

"They see us go down to the wharf, we choose the fish together, they chat with Sonia and Shaun. They get more involved in this process."

Skipper Otto's now has a membership of 2,117 people and is outgrowing its current workflow, which involves outsourcing the packaging part of the fish's journey from fishermen to consumer.

Complete transparency on tracking where the fish comes from would be easier with in-house processing, said Sonia Strobel, co-founder and managing director.

The Strobels are currently waiting for land-use approval from the Department of Fisheries to build two processing plants, one at False Creek Fishermen's Wharf and the other at Steveston Harbour.

"Really key to what we do is traceability and the key to that is being able to put a label on each fish with a photograph and a bio of the fisherman who caught that exact piece of fish," said Strobel.

The processing plants would be a big milestone for the family-run social enterprise, which started as an idea based on the community-farming model.

The enterprise now has members from as far as Toronto and operates 10 pick-up locations in Alberta, Saskatchewan and Ontario and 10 in Metro Vancouver.

Skipper Otto's has one restaurant member, Yew Seafood and Bar, through its pilot program Dock to Dish.

"Our members, by joining, they're supporting us and the ecosystem for whatever is bountiful and sustainable that year," said Strobel.

The model also ensures the fishermen — Skipper Otto's employs 16 — receive a living wage for their work.

"That's very important to us because we want to make sure we are supporting independent fishermen," said Tsang.

But when asked what the most rewarding part of founding Skipper Otto's is, Strobel had this to say:

"Creating meaningful personal connections between fishing families like ours and consumer families, and in doing so, being able to preserve the fishing way of life."

Skipper Otto's will accept members for the new season in October.

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Claudia Kelly Li and her seven-year old niece, Alanis Wong, both speak Cantonese but Li says elders should not shame the younger generation into learning Cantonese because it doesn't work.
JENNIFER GAUTHIER/METRO

Advocates aim to save Cantonese

CULTURE

Some worry language losing ground to Mandarin

Wanyee Li
Metro | Vancouver

Cantonese has been the most prevalent language spoken by the Chinese-immigrant community in Vancouver for decades but now advocates say the language is under threat.

More than 389,000 people in Canada speak Cantonese according to a 2012 Statistics Canada report, but changes in immigration trends and pressure from the Chinese government to establish Mandarin, the national language, as the dominant tongue in Hong Kong is having a dire effect on the southern-Chinese language.

But there is hope among some academics and long-time Vancouver residents that the city can remain an outpost for Cantonese language and culture.

"Language tends to be frozen by migration. If you leave some place, you tend to speak the language as it was spoken at the moment you left," said Henry Yu, a UBC professor whose research focuses on Chinese-Canadian studies.

"That's why there's hope that in a place like this, if we have a Cantonese program, it can last a long time."

UBC became the only university in Canada to offer a Cantonese program in 2015, thanks to a $2-million donation from the Watt brothers, who are long-time Vancouver residents and UBC donors.

"At first in Vancouver, when they opened a Chinese school, they were taught in Cantonese, but now almost all have changed to Mandarin," said Chi Shum Watt, a now-retired accountant who immigrated to Canada from Hong Kong in the '70s.

389,000

Number of people in Canada who speak Cantonese, according to a 2012 Statistics Canada report, but that number is likely an underestimation the report notes.

More than 400,000 immigrants from mainland China, who mostly speak Mandarin, entered Canada between 1997 (the year of the handover of Hong Kong to China) and 2009, compared to only 50,000 immigrants from Hong Kong. This marks a significant change in migration patterns because in the 13 years before the handover, Hong-Kong immigrants outnumbered mainland China immigrants three to one.

This dramatic migration switch, coupled with the growing influence of China's economy, where business is conducted in Mandarin, makes the preservation of Cantonese a lofty goal.

The heyday of Cantonese and Hong Kong's influence in the world is over, said Yu.

"Within China it's actually over the tipping point. Mandarin is the dominant language. It's the language of power, it's the language of education — it's the language of civilization now."

But Vancouver represents a unique opportunity for Cantonese immigrants and their children, who now live far away from the realities of Chinese politics. It's possible for Vancouver to become the last "outpost" for Cantonese, said Yu.

"Because of the large number of people who came in the '70s and '90s, who came from Hong Kong, are shaped by that moment in Hong Kong's history where a sense of being of Hong Kong identity — of Cantonese at the heart of it — was so strong."

At the direction of the Chinese government, schools in Hong Kong are starting to teach in Mandarin, which means that even new immigrants from Hong Kong often choose to speak Mandarin when they arrive in Vancouver.

THE NUMBERS

Immigrants to Canada 1984 – 1996
Hong Kong: 300,000
Mainland China: 100,000

Immigrants to Canada 1997 – 2009 (British handed over Hong Kong to China in 1997)
Mainland China: 400,000
Hong Kong: 50,000

One of the only remaining sources of new Cantonese speakers is the offspring of Hong Kong immigrants and their children.

But some of those offspring are turned off by the pressures put onto them by their elders.

"We can't shame our young people about not being able to speak a certain language," said 30-year old Claudia Li, who founded the Hua Foundation, an organization that aims to help Chinese-Canadian youth connect with their heritage.

"Yes it's important to preserve Cantonese language and it's important to understand how we can best do that with the interest that people have today."

Li was born in Canada to parents who immigrated to Vancouver from Hong Kong in the '80s.

But persuading Canadian youth to learn Cantonese when Mandarin is undoubtedly the more useful of the two languages is a battle few parents win, said Yu.

Watt, who made the program possible with his and his brother's donation, acknowledged that UBC could only play a small role in the efforts to preserve Cantonese.

"It can never replace Hong Kong," he said.

But if Cantonese can be preserved, it will happen in Vancouver, said Yu.

"I'm hopeful that (the program) gives us momentum and ... that other people will step forward and say yes, this is worthwhile."

> "I'm hopeful that other people will step forward and say yes, this is worthwhile."
> Henry Yu

At a Black Lives Matter Vancouver vigil early Sunday afternoon, Kombii Nanjalah speaks to a crowd of hundreds at Robson Square. DAVID P. BALL/ METRO

Black Lives Matter calls city 'ally-ship'

DEMONSTRATION

Protesters rally against racism, violence in Robson Square

David P. Ball
Metro | Vancouver

An organizer of a Black Lives Matter Vancouver vigil on Sunday said the solidarity shown by fellow city residents has helped her community cope with "confusion, anger, hurt, sadness and despair" at the mounting number of African-Americans killed by police.

Speaking to a densely packed crowd of more than 500 people in Robson Square, Cicely Belle Blain said the distressing events of the past week have added to "the exhaustion of repeated loss" many are feeling.

"But with it we are feeling for the first time a real sense of community and ally-ship from our fellow Vancouverites," she said, "and for that we thank you all."

The Black Lives Matter organizer called for a moment of silence to remember the "black bodies mercilessly taken from us," but also questioned why it seems to take the death of black people to spark public outrage — when racism happens every day, both people of colour and Indigenous people here in Vancouver.

"Why does it take our bodies to be slain to remind people that black lives matter?" she asked.

Another rally speaker, Kombii Nanjalah, told the crowd that the growing movement would become much "more than just a footnote in world history."

She said Sunday's vigil was sparked after she saw the filmed police shooting of Philando Castile, 32, last Wednesday in Minnesota — shortly after the killing of Alton Stirling, 37, in Louisiana by officers.

"The first thing on my mind was, 'Let me share it with the world,'" she said, "because it had just happened 24 hours after the first shooting." Just

> **Why does it take our bodies to be slain to remind people that black lives matter?** Cicely Belle Blain

the latest killings this year, Castile's live-streamed death "just adds more wounds and death, suffering and fear," she said.

According to the Washington Post, U.S. police killed 123 black people out of a total 512 civilians they killed so far this year; in 2015, they killed 258 black people out of 990 total.

"Driving and walking while black, my only sin is my skin," she added. "I'm very happy that the BLM came by my side to hold me. Here we stand together as one."

The Vancouver protest, a local incarnation of the North America-wide anti-racism movement, came just days after police in Dallas were ambushed by an ex-soldier at a Black Lives Matter march on Thursday night — an attack that left five officers dead, seven wounded, and two civilian protesters shot.

Police used a robot to kill Micah Johnson, a 25-year-old Afghanistan veteran, who according to Dallas' police chief "wanted to kill white people, especially white officers" in retaliation for black people killed by police.

Belle Blain condemned the Dallas shooter as "someone driven so angry and hateful by the destruction, systemic erasure, and ongoing demise of our community that they were driven to reproduce the same violence we are trying to combat," she said. "Black Lives Matter has committed itself to non-violent action, and we have not once wavered on this.

"We are sad to see that the actions of this individual have been associated with this movement and want to fervently say we do not approve of these crimes."

Near the end of her speech, Belle Blain spoke directly to white and other non-black participants residents of the city: "Don't let it take another death for us to see you here like this."

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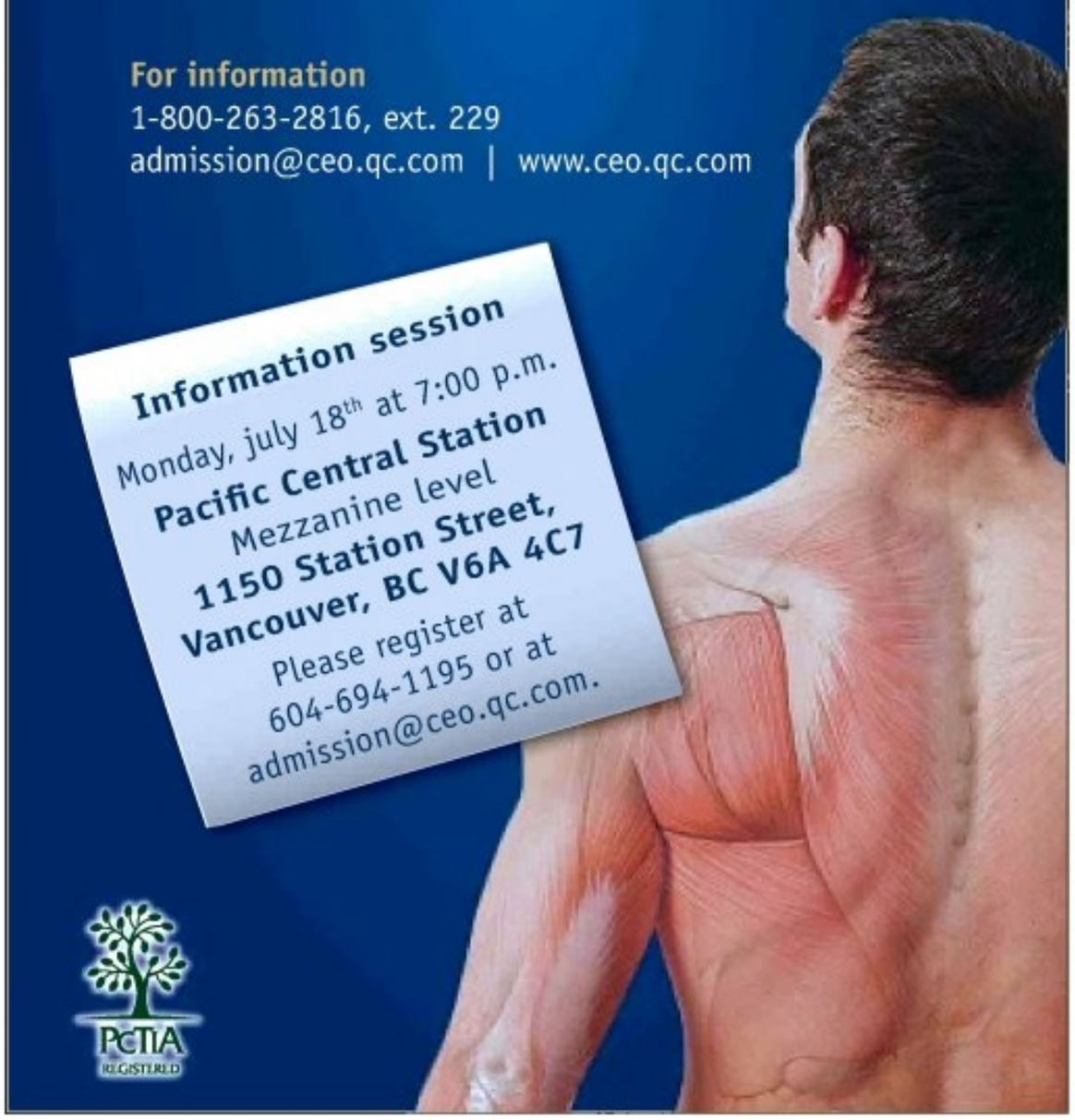

On Saturday, volunteers with Surfrider Foundation Vancouver's Trash Mob circled cigarette butts in chalk and tagged them with the slogan, Hold On To Your Butts or #HOTYB. TWITTER

Butts stop here

ENVIRONMENT

Organization wants to see cigarettes off streets, becahes

Wanyee Li
Metro | Vancouver

An estimated one million cigarette butts are flicked onto the streets and beaches of Vancouver daily, but one local organization wants to change that.

Dozens of volunteers gathered Saturday to form a "Trash Mob" that walked around the city and marked cigarette butts on the ground with chalk.

Surfrider Foundation Vancouver, which started the campaign, wants policymakers to introduce a deposit-return program for cigarette butts.

It's the best way to encourage smokers to recycle their cigarette butts, said organization chairman Matthew Unger.

"Our end goal of our campaign is to basically move the needle of public perception around cigarette butts from what it is currently — that it's acceptable to litter cigarette butts."

The group plans to launch a petition later this year urging the provincial government to introduce deposit-return legislation for cigarette butts, similar to that for bottles and cans.

"We want to get signatures to make sure consideration of a deposit return program gets put on the table," said Unger.

Vancouver launched a pilot project of 110 cigarette recycling canisters in 2013 but Unger says the containers fill with water when it rains and there aren't enough of them to put a dent in the 1 million cigarette butts discarded on the ground every day in Vancouver alone, according to a release from Surfrider Foundation.

The foundation has conducted research on this issue for three years. It says cigarette butts are a major contributor to litter, especially on beaches where aquatic wildlife are affected by the toxic waste.

"Cigarette butts outnumber on every Vancouver beach, they outnumber all other types of trash," said Unger, who said the problem was so bad beaches are "like public ashtrays."

But smokers are not the problem, he emphasized.

"We're not going out to say smokers are bad people. The smokers we talked to have, in a lot of cases, they're not aware that cigarette butts are not biodegradable or that they're toxic."

HUMAN RIGHTS

City seeks trans-inclusive change

Matt Kieltyka
Metro | Vancouver

Vancouver city council will vote this week on developing an inclusion action plan for the city's transgender, gender variant and two-spirit community.

Council's standing committee on city finance and services will be presented with a staff report Wednesday on supporting trans* equality, which recommends setting up an interdepartmental team within city hall to develop and move forward with the action plan, working alongside the city's existing LGBTQ2+ Advisory Committee and the Vancouver park board's Trans* and Gender Variant Inclusion Steering Committee.

Some short-term (within 18 months) recommendations include updated washroom signage at city buildings, inclusion training for senior staff and updating the city's grant priorities to reflect a focus on TGV2S inclusion.

"Workplaces, communities and service delivery providers are beginning the important work of recognizing how to embrace and support people of all gender identities and expressions," the report reads.

Vancouver Mayor Gregor Robertson released a statement indicating he will support the recommendations.

"I'm proud to support this progressive TGV2S Inclusion policy that brings us even further in achieving equal rights and access to services for all residents," Robertson said.

If approved, the report would also be referred to the Vancouver Public Library Board and the Vancouver Police Board, who were stakeholders in the process.

Liberals may bring back prison farms

CORRECTIONS

Gaining life skills reduces recidivism, says former inmate

Pat Kincaid credits the dairy cows on a now-shuttered prison farm in Ontario with teaching him the skills he needed to break a life-long cycle of crime and incarceration.

The 65-year-old Kingston, Ont., resident, who has spent a total of 35 years behind bars for assaults, thefts and other property crimes, hopes other inmates get the chance to benefit from a program the federal Liberal government is now considering reopening.

"There's not a program in jail, even today, that can teach those skills that the cows have taught me by working with them," said Kincaid, who's been out of prison for seven years.

"The cows taught me patience and how to control my anger, and how to deal with being upset ... I know it helped other inmates too."

The 2010 closure of the country's prison farms by the then-Conservative government — six in total operating at institutions in New Brunswick, Ontario, Manitoba, Saskatchewan and Alberta — was highly controversial.

Opponents argued the decision was made without properly considering the essential skills the farms taught the participating inmates. There was also criticism that local community members had not been adequately consulted.

A town hall is also planned in Kingston at a yet-to-be-determined date, to allow local residents and other stakeholders to share their thoughts.

"If they could save another guy like me, they should keep that barn open," Kincaid said of the dairy farm where he once cleaned stalls, milked cows and helped birth calves. "It made my time go quick. I didn't even realize I was doing time when I was in the barn."

THE CANADIAN PRESS

Pat Kincaid in Kingston, Ont., on Friday. Kincaid served 4-1/2 years at the Frontenac Institution where he cared for 120 animals as part of the prison farm. LARS HAGBERG/THE CANADIAN PRESS

Auschwitz survivor Nate Leipciger embraces Prime Minister Justin Trudeau after presenting him with a book as director of the Auschwitz-Birkenau State Museum Dr. Piotr Cywinski, back left, and Rabbi Adam Scheier look on. PHOTOS: ADRIAN WYLD/THE CANADIAN PRESS

Trudeau stands in front of the Wall of Death after laying a wreath during the tour.

Trudeau walks through the main gate with Foreign Affairs Minister Stephane Dion, second from right.

POLAND

Trudeau in emotional visit to Auschwitz

Prime Minister Justin Trudeau arrived in Ukraine after an emotional visit Sunday to the scene of one of the worst chapters in human history, the Auschwitz-Birkenau concentration camp, where he warned against intolerance and offered a message of love.

The blue skies and sunshine were a sharp contrast to the history of the camp as the prime minister walked past barbed wire fences and surveyed the gas chambers where more than one million people, mostly Jews, were killed in the Second World War.

Trudeau was stone-faced through most of the visit as he was escorted by one of the camp's survivors, 88-year-old Nate Leipciger. But the prime minister couldn't hold back the tears as he stood before the ruined gas chamber where Leipciger's mother and sister were murdered more than 70 years ago.

The prime minister didn't speak much during the nearly three hours he spent walking through the camp. But he did leave a message in a guest book kept by the Auschwitz-Birkenau State Museum.

"Tolerance is never sufficient," he wrote. "Humanity must learn to love our differences.

"Today we bear witness to humanity's capacity for deliberate cruelty and evil. May we ever remember this painful truth about ourselves, and may it strengthen our commitment to never allow such darkness to prevail.

"We shall never forget."

In an interview afterward, Leipciger, who has served on different Holocaust remembrance committees in Canada, said he tried to convey to Trudeau "the tragedy of what men did to men, the hatred which drove on group of people to murder another."

After visiting Auschwitz-Birkenau, Trudeau flew to Ukraine where he was to express Canada's solidarity with the country and sign a free trade agreement.

THE CANADIAN PRESS

FINANCIAL STATEMENTS

B.C.-based Clinton charity defends high overhead costs

A Canadian affiliate of the Clinton Foundation that has raised millions from mining executives has spent far more on salaries and administrative costs than charitable programming in the two most recent years for which numbers are available, according to financial statements from the Canada Revenue Agency.

The Clinton Giustra Enterprise Partnership (Canada), a registered charity based in Vancouver, B.C., devoted $737,441 — amounting to 78 per cent of its expenditures — to management and administration in 2014. The amount includes spending on office supplies and expenses, salaries and professional and consulting fees.

That same year, according to the return filed to the Canada Revenue Agency and published online, the organization devoted $205,419 to charitable programs, accounting for 22 per cent of its expenditures.

A similar ratio — 72 per cent to management and administration costs and 28 per cent to charitable programs — is in the 2013 return.

The Canadian charity strongly defended against any suggestion it is spending too much on overhead.

"It is incorrect to look at one-year expenditures in a vacuum," the charity wrote in an emailed statement in response to a request for an interview. THE CANADIAN PRESS

Dallas suspect taunted police during standoff

SHOOTINGS

Authorities say gunman had personal arsenal at home

The suspect in the deadly attack on Dallas police taunted authorities during two hours of negotiations, laughing at them, singing and at one point asking how many officers he had shot, the police chief said Sunday.

The chief and the county's most senior elected official also said Micah Johnson had larger attack plans and possessed enough explosive material to inflict far greater harm.

"We're convinced that this suspect had other plans and thought that what he was doing was righteous and believed that he was going to target law enforcement — make us pay for what he sees as law enforcement's efforts to punish people of colour," Brown told CNN's State of the Union.

Johnson, a black Army veteran, insisted on speaking with a black negotiator and wrote in blood on the wall of a parking garage where police cornered and later killed him, Brown said.

The gunman wrote the letters "RB" and other markings, but the meaning was unclear. Investigators are trying to decipher the writing by looking through evidence from Johnson's suburban Dallas home, Brown said.

The writing suggested that Johnson was wounded in a shootout with police. An autopsy will confirm exactly how many times he was hit, Dallas County Judge Clay Jenkins said.

Authorities do not "have any independent report from an officer saying, 'I think I hit him,'" Jenkins said.

The police chief defended the decision to kill Johnson with a bomb delivered by remote-controlled robot, saying negotiations went nowhere and that officers could not approach him without putting themselves in danger.

Brown said he became increasingly concerned that "at a split second, he would charge us and take out many more before we would kill him."

The shootings marked the deadliest day for U.S. law enforcement since the Sept. 11, 2001, terrorist attacks. In all, 12 officers were shot just a few blocks from where President John F. Kennedy was slain in 1963.

So far, the evidence points to the attack being a "crime of opportunity," Jenkins said.

Investigators believe Johnson had been practicing and training for a long time and probably learned of the protest from social media and concluded there would be many police present.

Authorities have said the 25-year-old gunman kept a journal of combat tactics and had amassed a personal arsenal at his home that included bomb-making materials.

The fact that Johnson had material for explosives and talked of using homemade bombs during the standoff with police indicated he could have inflicted more damage with more time, Jenkins said.

Federal agents are trying to trace the origin of the weapons used in the attack, including a military-style semi-automatic rifle.

The attack began Thursday evening while hundreds of people were gathered to protest the police killings of Philando Castile, who was fatally shot near St. Paul, Minnesota, and Alton Sterling, who was shot in Louisiana after being pinned to the pavement by two white officers.

Video showed protesters marching along a downtown street about half a mile from city hall when shots erupted and the crowd scattered, seeking cover. THE ASSOCIATED PRESS

Police officers join parishioners of First Baptist Church in Dallas, Texas, as they gather on Sunday to pray for victims of Thursday's attack. LAURA BUCKMAN/AFP/GETTY IMAGES

> **If this had not been a crime of opportunity where the protest was quickly organized in response to events in the same week ... he could have caused a lot more harm than he did.** Dallas County Judge Clay Jenkins

THE SUSPECT

- **Micah Johnson** was a private first class with a specialty in carpentry and masonry.
- He served in the Army Reserve for six years starting in 2009 and did one tour in Afghanistan from November 2013 to July 2014, the military said.

ALTON STERLING

Protests continue in Baton Rouge

Officers with rifles were blocking the ramps to keep protesters off Interstate 10 in downtown Baton Rouge Sunday, and about 130 people have been taken into custody as marches continue over shootings by police.

Gov. John Bel Edwards said he's "very proud" of the Louisiana law enforcement response to protests over the fatal shooting of a black man, Alton Sterling, by white police officers in the city.

Flanked by law enforcement leaders, Edwards said he doesn't believe officers have been overly aggressive by using riot gear to push protesters off a highway.

"The police tactics in response have been very moderate. I'm very proud of that," said the Democratic governor, who comes from a family of sheriffs.

Tensions between black citizens and police have risen palpably over the past week or so amid police shootings of African-American men in Minnesota and Louisiana and the gunning down of five white police officers by a black suspect in Dallas in apparent retaliation.

"I remain disappointed in the Baton Rouge police, who continue to provoke protesters for peacefully protesting. There's a lot of work to be done, with this police department specifically," said activist DeRay Mckesson.

THE ASSOCIATED PRESS

Protesters in Baton Rouge, La., Sunday. THE ASSOCIATED PRESS

CLASHES

New wave of violence hits South Sudan

South Sudan's capital was rocked Sunday by heavy arms fire between forces loyal to the president and those of the vice-president, causing widespread casualties and raising fears the country is returning to civil war.

The fighting began in the morning and continued until about 8 p.m. local time, when a large thunderstorm seemed to put a damper on the violence, said UN mission spokeswoman Shantal Persaud. She confirmed that a UN armoured personnel carrier was hit by a shell at a camp to protect civilians. UN peacekeepers in the vehicle were wounded, said witnesses.

"We have a lot of casualties this side, I think around 50 to 60 besides those of yesterday," said Budbud Chol, who oversees security at a clinic in the base. "We have rocket-propelled grenades that have landed in the camp which has wounded eight people." Among the wounded are five children and two women, he said. THE ASSOCIATED PRESS

ELECTION

Australian leader claims win, questions remain

Eight days after Australia's general election ended in uncertainty, the prime minister finally claimed victory Sunday for his conservative coalition, bringing an end to the country's political paralysis — for the moment.

With official results still pending, it was unclear whether Prime Minister Malcolm Turnbull's Liberal Party-led coalition had won enough votes to govern in its own right.

THE ASSOCIATED PRESS

SAN DIEGO

Third victim dies in attacks on homeless people in California

A man injured during a series of attacks on homeless men in San Diego died at a hospital Sunday — bringing the death toll to three, police said.

Dionicio Derek Vahidy, 23, died four days after he became the fourth and final victim in the attacks, police said. Vahidy had been in grave condition since Wednesday and had not been expected to survive.

Vahidy was from San Diego and was homeless, police said. He was attacked at an apartment complex downtown, police said. A witness pulled away a burning cloth that the attacker put on him before fleeing.

In the days before the attack on Vahidy, two other men were killed and a third was severely injured. Three victims were sleeping alone, and two were set on fire.

On Thursday, Anthony Padgett, 36, was arrested on suspicion of murder, attempted murder and arson in the attacks.

THE ASSOCIATED PRESS

Evidence is gathered from an area where a homeless person was attacked. THE ASSOCIATED PRESS

Tourists take in the views from the Glacier SkyWalk near the Columbia Icefields in Jasper National Park. THE CANADIAN PRESS

Climbing Mount Success

TOURISM

Alberta hopes Rockies visitors will explore the whole province

Alberta's Rocky Mountains are once again bursting with visitors in what could be another banner year, but the government is hoping to get more tourists spending in other areas of the province as well.

"The Rockies are often the hook to get those international travellers to come," says Shelley Grollmuss, vice-president of industry development at Travel Alberta.

"And then we work very hard with our industry partners to try and build road trips or other itineraries, where they can go into other areas of the province and explore."

It's all part of the province's plan to boost tourist spending from the $8.3 billion in 2014 to $10 billion by 2020, and to increase jobs in the industry as it works to further diversify an economy that has been heavily reliant on oil and gas.

Grollmuss says tourist numbers are helped by a low dollar that helps make Canada less expensive and more attractive to international visitors.

An increase in direct international flights is also helping, Grollmuss says.

Hainan Airlines recently launched a direct flight from Beijing to Calgary at the end June, while WestJet started flying direct to London in May.

But attendance at national parks in Alberta is making other attractions pale in comparison. Banff saw an eight per cent jump to 3.9 million visitors, Jasper was up five per cent to 2.3 million, and Waterton Lakes rose 16 per cent to 486,000 visitors for the financial year ended in March.

THE CANADIAN PRESS

STUDY

American women retiring in poverty

During their working years, women tend to earn less than men, and when they retire, they're more likely to live in poverty.

These are women who raised children and cared for sick and elderly family members, often taking what savings and income they do have and spending it on things besides their own retirement security.

The National Institute on Retirement Security, a non-profit research centre in the U.S., reports that women are 80 per cent more likely than men to be impoverished at age 65 and older. Women age 75 to 79 are three times more likely.

While experts cite a pay gap as a major cause for retirement insecurity, other factors play a role, from single parenthood and divorce to the fact that women typically live longer than men.

Joan Entmacher, vice-president for family economic security at the National Women's Law Center, says "the solution to the retirement (funding) crisis starts with the earnings and wage gap."

That gap narrowed between the 1970s and 1990s, but stopped shrinking in 2001. Women earn about 76 cents to 79 cents on the dollar, compared with men.

For Marsha Hall, 60, the process of trying to save for retirement has been nearly impossible.

"I've had jobs that included a 401(k) and I was able to put some money aside, every month," she says. "But then I would get laid off and have to cash out the 401(k) to have money to live on."

THE ASSOCIATED PRESS

76-79¢

Amount on the dollar women earn compared with men.

IN BRIEF

Canada Post drops lockout threat

Canada Post has backed off a threat to lock out 50,000 of its unionized workers on Monday.

Talks resumed Sunday and Canada Post has issued a statement that says it has withdrawn its lockout notice. Canada Post could have locked out its workers at 12:01 a.m. ET Monday.

THE CANADIAN PRESS

G20 ministers reiterate calls for free trade

Trade ministers from the G20 nations have called on their governments to roll back anti-trade measures that have become more pervasive than any time since 2009. Following a meeting in Shanghai, they backed a set of principles for global investment ahead of the G20 summit in Hangzhou. THE ASSOCIATED PRESS

ELECTRICITY

Ontario startup aims to help cut consumers' energy bills

What preoccupies 24-year-old Tomas van Stee most is electricity bills.

Energy may not be the most popular industry for startups — but van Stee saw an opening.

"If this industry is this hated, that must mean there's an opportunity to fix it," he said.

The same day electricity prices rose again in Ontario earlier this year, van Stee launched a project offering bulk rates to people who use most of their electricity during the day.

On May 1, he introduced his company EnPowered's "group-buying" service. It puts all the customers who use 50 per cent or more of their electricity during the day into one buying group. The group becomes a large-volume user, allowing them to pay less.

Tomas van Stee
TORSTAR NEWS SERVICE

It's van Stee's way of helping "fix a broken industry," he says.

Electricity prices have soared over the past decade in part to compensate for the artificially low rates of the past, and in part due to Ontario's promotions of wind and solar power.

Van Stee came up with his idea after he learned his parents had locked into an expensive electricity contract with a private utility. Utilities in Ontario have been criticized for convoluted and unnecessary charges, ballooning individuals' bill costs.

He's consulted with about a dozen small businesses in setting up the project and is introducing them to group buying, which he says should save them just under $1,000 a year.

TORSTAR NEWS SERVICE

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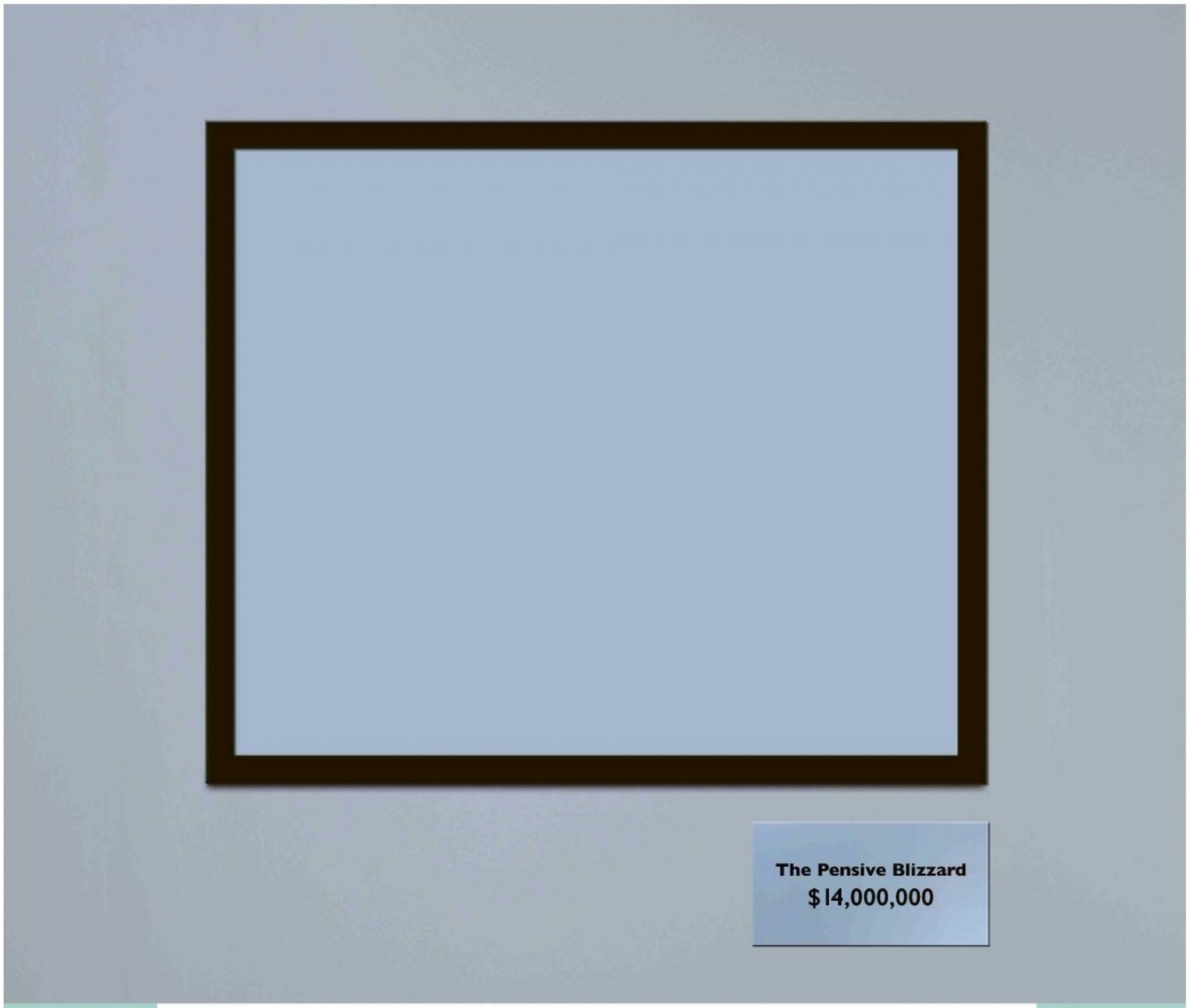

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

My boss showed up at my office team's after-hours function and ordered one of my colleagues to change seats so that he could have it. Is there anything anyone could have done about this?

Hi Ellen,

Our office team had a casual get-together. The manager arrived late, walked up to a person sitting in the middle of the table and told him, "I'll have this seat; you can go sit over there." The person obediently moved to the less desirable seat. I was shocked. Was the manager abusing his authority? What is the office etiquette in this situation? If it happens to me, should I obediently give up my seat, or speak up and risk getting fired?

Signed,
Mary

Dear Desperate,

I'm outraged on your behalf, but not actually shocked.

There's an artist named Jenny Holzer, whose work in the 1980s included neon signs spelling out slogans, and one in particular always stayed with me: "Abuse of power comes as no surprise." I first saw that piece when I was working for a series of friendly bosses, who were talented, encouraged good work, and were huge fun in social situations. But their many small abuses of power ultimately drained all respect I had for them as individuals.

It's so weak for anyone in a position of authority to take advantage of their situation, to claim attention and small luxuries for themselves after office hours when they're already enjoying a higher salary and the power to control people's lives during the workday. And for you, the employee who isn't quite sure whether you're kicking back and relaxing as equals, or whether you're still at the beck and call of that smarmy b—d, it can be confusing and exhausting.

At least with a blatantly evil boss there's no pretence of mutual affection or respect.

At least with a blatantly evil boss — the kind who gets off on torturing employees with overwork, underappreciation, passive-aggressive mind games or outright lying about raises and promotions, etc. — there's no pretence of mutual affection or respect. With the BEB, you can at least spend many a pleasant hour (ideally, on company time) fantasizing about the day you find a better job and can crush them with a devastating exit speech. Or, even better, maybe you'll find something on the photocopier that will make it morally justifiable to blackmail them in order that you may ascend to the Iron Throne, whereupon you wouldn't actually physically torture them (torture is never justified), but they wouldn't know that, and they would really regret how crappy they were to everyone and suddenly realize how awful it is to be under someone else's thumb.

As for the etiquette in the situation you describe, your co-worker, by quietly moving to another seat, displayed far better manners than your flagrantly discourteous boss. And though no one's likely to get fired for refusing to give up a seat in a bar, we all know the trickle-down effect of not sucking up 24/7 to a power-tripping authority figure.

So if it happens to you, button your lip, do what you're told, and don't make the mistake of thinking your power-abusing boss is a friend.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

Courts are proving that homelessness isn't just a fact of life

Some things seem intractable, until they are not.

In May, 2015, Medicine Hat, Alta., was basking in glowing headlines as the first city in Canada to claim it had eliminated homelessness, having created housing for people who had none and doggedly encouraged them to move in. It was a victory — and proof that one is possible — but it was not to be repeated by authorities elsewhere with any speed. Homelessness is still treated by most Canadian cities as unsolvable.

And that has forced courts to become our sometimes unwitting moral compass.

Last week, a B.C. Supreme Court judge ordered the disbandment of a swelling, controversial tent city outside a provincial courthouse in Victoria, and simultaneously handed its homeless dwellers and their advocates a legal victory. Chief Justice Christopher Hinkson ruled not only that the camp had become too unsafe — noting garbage, discarded needles and condoms, aggressive dogs, a changing population, and at least two rats nests — but also that the province couldn't just force people to pull down their tents; it has to find everyone a place to live by Aug. 8.

It's not the first time this judge has shamed politicians into more ethical treatment of their homeless constituents. Eight years ago, in another B.C. Supreme Court case, Hinkson ruled that homeless people's charter-enshrined right to security of the person means they should be allowed to camp in city parks. In response, the City of Victoria enacted a bylaw against propping up tents in the daytime. But the measure doesn't extend to provincial land, such as the courthouse premises; hence the so-called "Super InTent City," which quickly flourished after appearing last year.

Victoria has a long, troubled history of homelessness, one many say has been inflamed by the tent-city legal battle. "It has drained Victoria of its compassion" was the diagnosis from beloved Times-Colonist columnist Jack Knox.

But advocates are also calling it a "historic victory." It certainly marks another crucial legal ruling. And once again it puts the courts on the moral high ground above ineffectual politicians: As the judge allowed the tent city to endure, the province was forced to act. In the last year, it "secured more than 300 units of transitional and permanent housing for people who are homeless," the Times-Colonist reported, and $26 million in further funding. It's not a magic pill, but at least it's something. At least we have this very low bar, now, set by the courts: We all deserve a home.

The trouble now will be finding leaders outside Medicine Hat willing to believe it.

Search for 'Nth Wave,' Rosie's new podcast, on iTunes, Stitcher and Soundcloud.

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I feel that being a mum means you have a very real stake in the future of our country, a tangible stake. She possibly has nieces, nephews, lots of people, but I have children."
Britain's Conservative leadership candidate Andrea Leadsom, right, claiming she has an advantage over rival Theresa May, left.

Fertility apps rarely bear out

REPRODUCTIVE HEALTH

New study looks at 95 tools that claim to predict ovulation

When Jenn Tesluk and her husband decided to have kids, she tried two apps that showed her ovulation days, but each one gave a different answer. When either app told her she was ovulating, ovulation test strips didn't back it up. MARCUS OLENIUK/TORSTAR

There are dozens of smartphone and web apps women use to avoid pregnancy — but do they actually work?

Most don't, according to a new study from Georgetown University researchers. The peer-reviewed research, published in the latest issue of the Journal of the American Board of Family Medicine, looked at nearly 100 fertility awareness apps and found a majority aren't designed for avoiding pregnancy, nor based on evidence-based fertility awareness-based methods women often use to track their cycles — some to avoid conception, and others to aid in conceiving.

"I don't think the apps are necessarily helping women as much as they purport they are," says the study's lead author, Dr. Marguerite Duane, an adjunct associate professor at the Georgetown University School of Medicine and executive director of Fertility Appreciation Collaborative to Teach the Science.

And that's concerning, Duane says, given how popular these apps are becoming. The top apps have been downloaded more than one million times each, her study notes.

The research looked at 95 apps in total, but eliminated 55 off the top because they either had a disclaimer prohibiting use for avoiding pregnancy or didn't claim to use evidence-based fertility awareness-based methods, which help predict fertile and infertile times in a woman's cycle — systems such as the sympto-thermal method, which involves recording fertility clues like a woman's basal body temperature, mood, and cervical secretions.

> **It's always much better to chart for yourself, rather than using a one-size-fits-all app.** Dr. Yolanda Kirkham

Duane wouldn't recommend these apps for women trying to avoid pregnancy. "But if you want to track one of your periods coming, that's completely different," she adds.

When it came to the 40 apps Duane's team did review, 30 predicted fertile days for users and 10 didn't. The researchers entered in seven different "cycles" to test each app, with data that varied in cycle length and fertility observations — reflecting the diversity of real women.

While many women swear by apps, citing success stories like longtime pregnancy prevention or conception on the first go, others find them useless. Some women also end up using apps for both purposes — at first preventing pregnancy, then later in an attempt to conceive.

Pickering resident Jenn Tesluk also used an app to track her cycles while using different forms of birth control — from condoms to the NuvaRing — and eventually just to check when she'd be getting her period after she stopped using various birth control methods. But she didn't feel like the apps were totally reliable beyond period tracking. When it came to avoiding pregnancy, "we were just lucky," she says.

Later, when Tesluk and her husband Matt decided to have kids, she tried two different apps that showed her ovulation days, but each one gave a different answer.

"It was really frustrating," she says. Her cycles, she adds, are a bit longer than the average woman — around 35 days, instead of the typical 28.

If apps are using that "typical" menstrual cycle, that might explain why many women wouldn't find them accurate, notes Dr. Yolanda Kirkham, an obstetrician-gynecologist at Women's College Hospital and St. Joseph's Heath Centre.

While Kirkham always encourages her patients to learn more about their cycles, she says the apps merely act as a tracking tool — and should be coupled with speaking to your doctor and learning how to gauge your own body.

"We can't rely just on computers. They don't know you personally. It's always much better to chart for yourself, rather than using a one-size-fits-all app," Kirkham says. TORSTAR NEWS SERVICE

CHECK IT OUT

Which widgets are accurate
Out of the 30 apps predicting a woman's fertile days, Dr. Marguerite Duane only recommends the top-rated apps in the study: **Ovulation Mentor, Sympto.org, iCycleBeads, LilyPro, Lady Cycle, and mfNFP.net** — which all had either a perfect score on accuracy or no days of fertility labelled as infertile.

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WHY I LIKE MY JOB

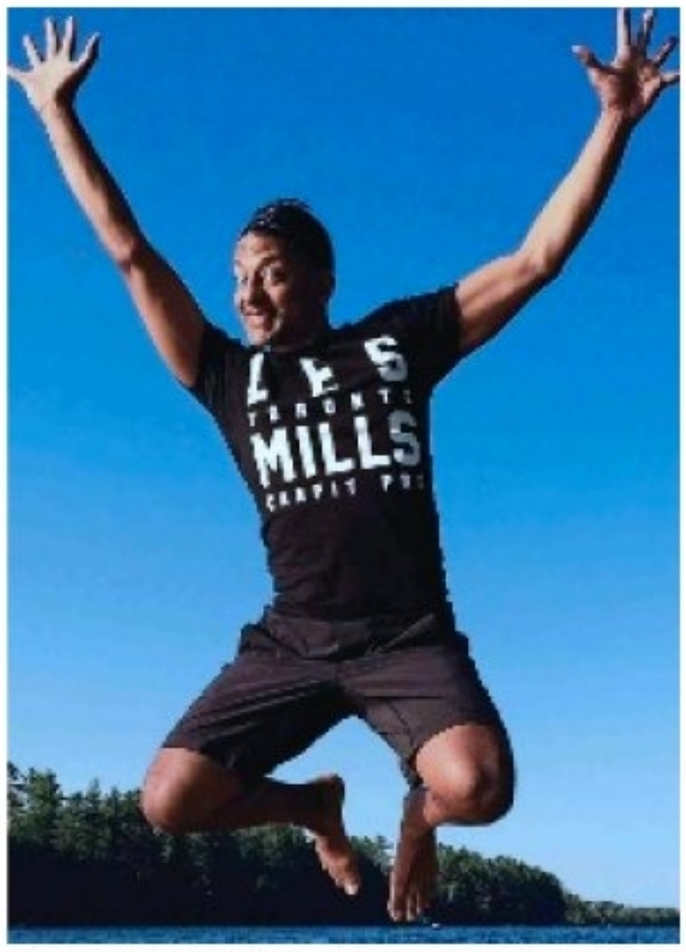
Stephen Sinanan, 41, Group Fitness Instructor at GoodLife Fitness in Toronto

I help people reach their fitness goals and potential. I've always been passionate about physical fitness, but it wasn't until my mid-30s when I realized I could convert this passion into a fulfilling career.

I made the decision to gradually part ways from a position in the publishing industry and started an accelerated training program in group exercise fundamentals. Several years later I still find my job the most rewarding thing I have done in my professional life. Seeing the excitement in participants' faces and knowing when they hit their fitness milestones is pure joy.

I landed my first gig as a Body Combat instructor with GoodLife Fitness. Since then I've progressed to teach a variety of fun programs that include dance, yoga, HIIT (high-intensity internal training) and aqua.

The job is more than just inspiring people to achieve five more push-ups; it's also about giving people the skills to deal with stress in a positive way. Nothing beats an endorphin rush to wash away the day's worries. Finally, connecting with people — both in and out of the studio — is what fuels my passion. I'm happy to know that I help people become the best version of themselves.



Stephen Sinanan can be found on Instagram @divasteve

THE BASICS: Personal trainer/ Fitness instructor

$39,473

Median salary for an intermediate-level personal trainer/fitness instructor. Those who master their skills in sports nutrition and training program development can earn up to **$86,000 annually.**

+8%

Projected rate of job growth over the next 8 years.

Data for this feature was provided by payscale.com, servicecanada.gc.ca, canadianfitness.net, goodlifefitness.com and onetonline.org.

HOW TO START

Although there is no formal educational requirement to jump into a career as a personal trainer or fitness instructor, most professionals find success in this field with a post-secondary credential in a health- or fitness-related discipline. The Can-Fit-Pro certification is a popular starting point, as students will learn the fundamentals of running personalized programs aimed at improving strength, flexibility and cardio fitness.

WHERE YOU CAN GO

Most professionals find work in recreation centres, gyms, resorts and hotels, or in private homes. A recent epidemic of sedentary living has resulted in an influx in heart disease, obesity, depression and other life-altering illnesses, and physical fitness is often prescribed as the most beneficial treatment. As such, more people are signing up for fitness classes and training plans to help lead healthier lives.

NEXT CAREER STEP

Those seeking career advancement may choose to pursue a degree in physical education, kinesiology or exercise science to obtain a position as head trainer, gym owner or fitness director. There are also a variety of senior-level roles centred on physical rehabilitation, weight management, nutrition, and program development.

AUGMENTED REALITY

Watch your step, would-be Pokemon Go masters

Beware: "Pokemon Go," a new smartphone game based on cute Nintendo characters like Squirtle and Pikachu, can be harmful to your health.

The "augmented reality" game, which layers gameplay onto the physical world, became the top grossing app in the iPhone app store just days after its Wednesday release in the U.S., Australia and New Zealand. And players have already reported wiping out in a variety of ways as they wander the real world — eyes glued to their smartphone screens — in search of digital monsters.

The game was created by Niantic Inc., a San Francisco spinoff of Google parent Alphabet Inc. that previously became known for a similar augmented-reality game called "Ingress."

To play, you fire up the game and then start trekking to prominent local landmarks — represented in the game as "Pokestops" — where you can gather supplies such as Pokeballs. Those are what you fling at online "pocket monsters," or Pokemon, to capture them for training. At other locations called "gyms"— which may or may not be actual gyms in the real world— Pokemon battle one another for supremacy.

Naturally, the game has also induced people to post pictures of themselves on social media chasing creatures in all sorts of dangerous situations. Ankle injuries, mishaps with revolving doors and walking into trees have been among the painful results.

Lindsay Plunkett, a 23-year-old waitress in Asheville, North Carolina, made a point on Friday of parking six blocks away from the restaurant where she works, instead of the usual three. "Just so I could get some more Pokestops on the way," she says.

She's still nursing a bruised shin from the previous night, when she and her boyfriend spent hours wandering downtown in the rain. She tripped over a cinder block that had been used as a doorstop at a local women's museum.

THE ASSOCIATED PRESS

Lindsay Plunkett,23, tripped over a cinder block doorstop while playing Pokemon Go. JUSTIN HARRISON VIA AP

metro SPORTS

"Looking forward to wearing some red white and blue in Rio": Rickie Fowler took to Twitter to say he'll represent the U.S. at the Olympics

Portugal spoils the party

EURO 2016 FINAL

SUNDAY In Saint-Denis

1 0

Eder is the hero as hosts fail to capitalize on Ronaldo injury

Portugal overcame the loss of injured captain Cristiano Ronaldo to beat France 1-0 in the European Championship final on Sunday, with a goal in extra time from substitute Eder securing their country's first football title.

Just as the final looked destined for a penalty shootout, Eder cut through the French defence and struck a low shot from 25 metres (yards) past goalkeeper Hugo Lloris in the 109th minute at the Stade de France.

Twelve years after losing to Greece on home soil in their last appearance in the final, it was Portugal's turn to spoil the host nation's party. And they achieved it after winning only one of their seven games at Euro 2016 inside 90 minutes, and after losing the inspirational Ronaldo midway through the first half.

Antoine Griezmann GETTY IMAGES

"It was tough because we lost our main man and we had all our hopes pinned on him because he's a player who can score a goal at any minute," Portugal defender Pepe said. "When he said he couldn't go on, I tried to tell my teammates that we have to win it for him. That we were going to fight for him." And they did.

Red and green confetti descended from the roof onto Ronaldo and his victorious teammates as supporters of the hosts flooded out of the stadium, denied a third victory on French soil to add to Euro '84 and the 1998 World Cup.

"Football can be very cruel," said Lloris, France's captain. "The overriding emotion is a lot of sadness."

It was a mostly dull and stodgy final but the record books will only show that Portugal went from third-place in its group to champion, and with little help from Ronaldo in its last match.

European football's biggest game lost its biggest name after 25 minutes of a cagey final on the outskirts of the French capital. "Today I had bad luck because I had a small injury in the beginning of the teams, but my colleagues did their part — they run, they fight ... nobody believed in Portugal but we won," Ronaldo said..

Portugal's forward Cristiano Ronaldo, centre, lifts the trophy as he celebrates with teammates winning the Euro 2016 final. FRANCISCO LEONG/AFP/GETTY IMAGES

Even France forward Antoine Griezmann, the tournament's leading scorer, couldn't rise to the big occasion. There was no seventh goal of Euro 2016 from the Atletico Madrid forward, who also lost out in the Champions League final six weeks ago to Ronaldo's Real Madrid.

Griezmann was the first player to find the target, but his header was tipped over by Rui Patricio, who was formidable in the Portugal goal. When an inviting cross from Kingsley Coman was delivered in the 66th, Griezmann missed with a free header.

Only once was Patricio beaten, when Andre-Pierre Gignac's shot hit the inside of the post but it came back out. Luck was on Portugal's side, and Eder was able to strike the decisive blow.

"It's something unbelievable in my career, something I deserve," Ronaldo said.

THE ASSOCIATED PRESS

Brendon Rodney running his 19.96. THE CANADIAN PRESS

ATHLETICS

Emotional Rodney runs historic 200 metres

In the moments before his 200-metre final, Brendon Rodney broke down and cried.

Looking back on a frightening few weeks that saw him almost lose his mom, and ahead to hopefully his first Olympic Games, he was a mixed bag of emotions. Then he laid down the race of his life.

The 24-year-old from Hamilton won the 200 metres at the Olympic track and field trials, running a blistering 19.96 to become just the second Canadian in history to dip under the 20-second barrier.

"I was just filled with emotions," said Rodney, dressed in a solid white singlet and shorts, a heavy gold cross around his neck. "I'm proud, and my mom's going to be proud."

Rodney's time had jaws dropping, not only because of it came after a 90-minute rain delay on a chilly afternoon, but also because of who he beat. Aaron Brown of Toronto finished second, while Canadian record-holder Andre De Grasse was third. They both finished in 20.32, requiring a photo finish to determine the outcome.

And suddenly, Canada has another sprint star.

"We're just showing the world that Canada's back, and we're ready to run," said Rodney, who was the fastest qualifier in Sunday's semifinals. "I'm happy for Andre, happy for Aaron, everybody's been working hard and training well, we're coming into shape when it counts."

Rodney's victory comes after a few scary weeks. He almost lost his mom Nerissa to a brain aneurysm. He travelled home from Long Island University to be with her, but she insisted he leave to race in the NCAA championships, where he would win bronze. THE CANADIAN PRESS

I was just filled with emotions. I'm proud and my mom's going to be proud.

Canadian sprinter Brendon Rodney after the race

IN BRIEF

Canadian men's basketball team falls short of Rio

Canada's men's basketball team saw its dreams of playing in the Rio Olympics dashed. The Canadians lost 83-74 to France in Sunday's heartbreaking final of FIBA's last-chance Olympic qualifying tournament in Manila, Philippines.

Toronto Raptors guard Cory Joseph had 20 points and six assists to lead the Canadians, who were hoping to make their first Olympic appearance since the 2000 Sydney Games.

THE CANADIAN PRESS

Lang wins women's U.S Open after 3-hole playoff

Brittany Lang won her first career major at the U.S. Women's Open when Anna Nordqvist touched the sand with her club in a bunker for a two-stroke penalty in the three-hole aggregate playoff on Sunday.

The penalty occurred on the second hole of the playoff after officials reviewed replays in the latest controversy at a USGA event.

THE ASSOCIATED PRESS

Blue Jays enter all-star break on a winning note

Josh Donaldson belted a three-run home run and Josh Thole drove in a pair as the Toronto Blue Jays defeated the Detroit Tigers 6-1 on Sunday afternoon.

R.A. Dickey (7-9) tossed seven innings of one-run baseball, allowing five hits while striking out five and walking two. After six losses in home starts, Dickey has won back-to-back decisions at Rogers Centre.

THE CANADIAN PRESS

Cano and Lind homers help Mariners beat Royals

Robinson Cano and Adam Lind homered in a five-run seventh inning and the Seattle Mariners held off the Kansas City Royals 8-5 on Sunday.

Cano's two-run shot to deep right field for his 21st home run of the season extended the Mariners' lead to 5-0. Lind hit a three-run shot, his 13th, a few batters later. Mike Montgomery (3-3) pitched 6 1/3 strong innings, giving up one run in his first start of the season. THE ASSOCIATED PRESS

UFC

First gay champion crowned

After Amanda Nunes released the chokehold that finished her stunning victory at UFC 200 on Saturday night in Las Vegas, the new bantamweight champion leaped onto the cage and pointed ecstatically at her girlfriend, Nina Ansaroff.

Nunes became the UFC's first openly gay champion with her first-round submission of Miesha Tate. While the Brazilian bantamweight celebrated, Nunes also spared a thought for the history-making nature of her accomplishment. "This is amazing," Nunes said. "The most important thing is I'm happy with my life.... She means everything to me."

Nunes (13-4) and Ansaroff are mixed martial artists who live and train together in Florida. While Ansaroff's strawweight career hasn't reached Nunes' heights, she has passionately supported Nunes' rise.

Nunes staggered Tate early with a precise right hand. She battered the former champ throughout the round before easily sinking in the choke that forced Tate to tap out with 1:44 left in the round.

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LGBTQ

Earlier this month, the UFC started an initiative to benefit the LGBTQ community in Las Vegas, selling T-shirts reading "We Are All Fighters" in rainbow lettering.

Murray mows down Milos

WIMBLEDON

Raonic misses out on winning Canada's first singles Slam

Milos Raonic battled all match trying to get to a level that was "good enough" to make him Canada's first Grand Slam singles champion. In the end, he couldn't quite get there.

The Thornhill, Ont., product lost in straight sets to Andy Murray in the Wimbledon final Sunday in the first major singles championship match to feature a Canadian man.

"That's pretty much the thing you're fighting the most, is to try to find a level that's good enough," Raonic said. "I was keeping up with him but when it counted I wasn't able to get on top."

Murray, the local favourite, topped the 25-year-old Raonic 6-4, 7-6 (3), 7-6 (2) to capture his second Wimbledon title and third major championship.

Raonic, who came into the match on a high after beating Swiss superstar Roger Federer in a five-set semifinal thriller on Friday, had a solid run at this year's tournament.

Down two sets to love in the fourth round against Belgium's David Goffin, Raonic found a way to pull through and advance to the quarter-finals, where he beat Sam Querrey in four sets.

"It was phenomenal," Raonic said of his performance. "I stepped up in a semifinal that twice I struggled in the past, I came back from two sets to love down which is a first time for me, I showed guts, I showed vigour and I have to carry that through to the next events."

Andy Murray hoists the championship trophy after beating Milos Raonic, left, in the Wimbledon final in London, Sunday. ANDY COULDRIDGE/POOL/THE ASSOCIATED PRESS

Denis Shapovalov GETTY IMAGES

Eugenie Bouchard of Westmount, Que., is the only Canadian female to play in a Grand Slam singles final. She lost to Petra Kvitova at Wimbledon in 2014. Toronto's Daniel Nestor is an eight-time major champion in doubles.

Earlier Sunday, Canadian teen Denis Shapovalov won the Wimbledon's boys' title, defeating Australia's Alex De Minaur in three sets. The 17-year-old Shapovalov from Richmond Hill, Ont., bounced back from a 6-4 loss in the first set to take the next two, 6-1, 6-3 respectively.

And later, Shapovalov and Canadian partner Felix Auger-Aliassime lost in the doubles final to Kenneth Raisma of Estonia and Stefanos Tsitsipas of Greece 4-6, 6-4, 6-2.

"The appreciation for tennis in Canada has considerably grown," Raonic said. "There's always a big contingency and a big showing and that's a great honour to have that support. What happened today happened and I think the only thing I could ever regret was if I didn't do everything I can to make myself return to this position again."

Murray came into the tournament after losing to Novak Djokovic in the finals of both the Australian Open and French Open this year.

Three years ago, Murray became the first British man since 1936 to win the singles title at the All England Club. He also won the U.S. Open in 2012, a few weeks after winning the Olympic gold medal at Wimbledon.

"It is different. I feel happier this time. I feel more content this time. I feel like this was sort of more for myself more than anything, and my team as well," said the second-seeded Murray, who was playing in his 11th major final, but the first against someone other than Djokovic or Federer.

THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS

Serena's superb Saturday

Serena Williams is leaving Wimbledon with two trophies after winning both the women's singles title and the women's doubles championship on Saturday.

Williams collected her 22nd Grand Slam singles title with a 7-5, 6-3 victory over Angelique Kerber, then teamed with sister Venus to beat Timea Babos and Yaroslava Shvedova 6-3, 6-4.

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RECIPE Corn and Black Bean Couscous

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love mixing the season's fresh ingredients into easy-to-cook grains like couscous. We also like eating these dishes outside with a ice cold beverage.

Ready in
Prep time: 10 minutes
Cook time: 20 minutes
Makes 4 servings

Ingredients
- 1 package couscous, cooked according to package directions
- 4 ears of corn, boiled
- 1 red bell pepper, cored, seeded and diced
- 1 can organic black beans, rinsed and drained
- ½ cup finely chopped red onion
- 1 cup crumbled feta cheese
- 1/3 cup cilantro, finely chopped

Dressing
- 1 tablespoons extra virgin olive oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1/4 teaspoon salt

Directions

1. Cut corn kernels from boiled cob. Pour cooked couscous into a large mixing bowl and stir in corn, black beans, red bell pepper and feta.

2. Meanwhile, in a small bowl, whisk the olive oil, rice wine vinegar, lime juice and honey. Sprinkle in the salt and stir.

3. Pour dressing over salad and mix to coat couscous. Stir in cilantro. Serve immediately or chill for one hour and serve cold.

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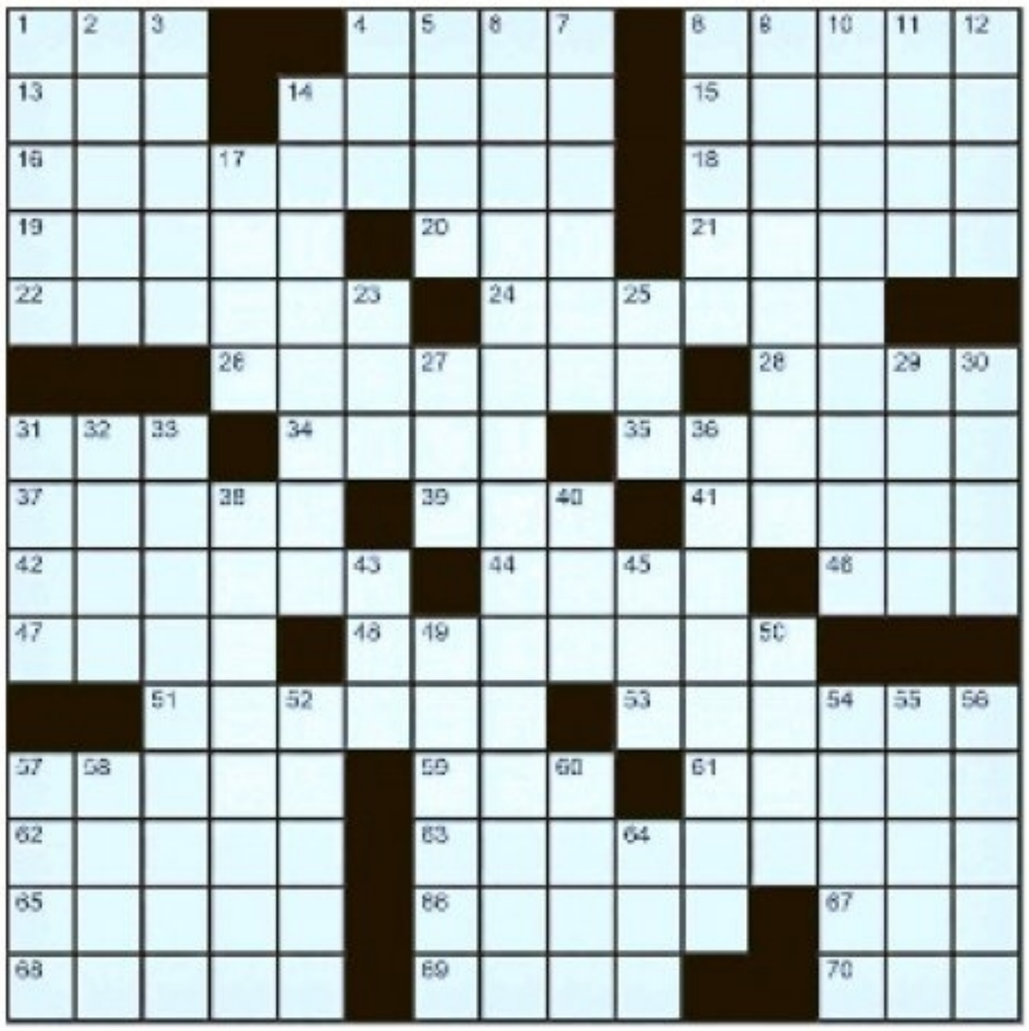
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Bug
4. Bought - but then taken back to the store [abbr.]
8. Scatter
13. Suffix with 'Chlor'
14. Actress Anne
15. Dried plum
16. Star/composer/creator of the hit musical at #14-Down, __-__ Miranda
18. Ceiling of sorts
19. Levi's material
20. Exec. level
21. Citric and Glycolic
22. Kangaroo logo shampoo
24. "Strut" by Sheena __
26. Detox
28. Pro __ (In proportion)
31. "..._ _ mouse?"
34. __ messaging
35. Eugenie Bouchard's sport
37. Large in scale
39. Street for Freddy
41. Climbing leguminous plant
42. Emergency signals
44. "_!_ bug!"
46. "__ Pilot" by Eric Burdon & The Animals
47. Nautical mile
48. Pancakes cooker
51. Julius Caesar conspirator
53. Ete: English
57. Anew
59. __-mo replay
61. "I Was _ __ War Bride" (1949)
62. Filled
63. Sewing kit item: 2 wds.
65. Full of life
66. Hole-__-__
67. Geog. coordinate
68. Indiana basketballer
69. Edge tool
70. Conductor, __-Pekka Salonen

DOWN
1. Ms. Swinton
2. "Bon voyage!"
3. Actor Mr. Badgley's
4. Stimpy's cartoon co-star
5. __ Secum, Nova Scotia
6. PEI nickname: 3 wds.
7. Ms. Burke's of "Designing Women"
8. Tomato-hitting-the-ground sound
9. Three-pointed-brim hat, variantly
10. Goats and giraffes
11. This '90s Canuck hit's bit: "...I was three inches shorter then..."
12. Drenches
14. Tony-winning musical ...sharing the name of a southern Ontario city
17. Filing abbr.
23. Shoe width
25. Television __
27. Electric guitar, in slang
29. __ tock
30. Hair hues, sometimes
31. Siberian city
32. Madonna song
33. Skilled at gymnastics
36. Assess
38. Fetch, like a 'Golden' dog
40. Club __ (Tropical trips company)
43. __. Pepper (Beatles character)
45. "Constant Craving" singer ms. lang, et al.
49. Moscow's locale
50. TV award
52. Anesthetized
54. Canadian syrup
55. Saint __ Mountains (Range where Mount Vancouver is)
56. Hertz __ Car
57. Rush, office-style
58. Fancy bash
60. The Wizard __ __
64. Compass point

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This will be a challenging Monday, because your home routine will be interrupted in some way. Small appliances might break down, or minor breakages could occur. It could be anything.

Taurus April 21 - May 21
This is an accident-prone day, which means you have to pay attention to everything you say and do. Guard against knee-jerk reactions. Don't be hasty.

Gemini May 22 - June 21
Keep an eye on your money and cash flow, because you might find money; however, you also might lose money! In all cash transactions, check your bill and count your change.

Cancer June 22 - July 23
Your mind is stimulated today, which is why you are intrigued by everything going on around you. But this also might be a nerve-racking day full of little surprises and upsets.

Leo July 24 - Aug. 23
Today your energy is nervous and scattered. Don't worry, because this is a brief influence. Nevertheless, avoid work that requires concentration and attention to detail.

Virgo Aug. 24 - Sept. 23
You might meet somebody new and unusual today. Or possibly, someone you know will do something that surprises you. It's an unpredictable day.

Libra Sept. 24 - Oct. 23
Relations with authority figures could go either way today. They might offer you something new and exciting, or they might say something that upsets you.

Scorpio Oct. 24 - Nov. 22
Travel plans will be canceled, delayed or rescheduled today. Likewise, schedules for higher education (technical schools, colleges and universities) will be changed as well.

Sagittarius Nov. 23 - Dec. 21
Unexpected news that impacts shared property, taxes, debt or inheritances might catch you off guard today. Make sure you get your information right.

Capricorn Dec. 22 - Jan. 20
A conversation with a partner or close friend will have a few surprises for you today. Or perhaps someone will say something that inspires you. It could be anything.

Aquarius Jan. 21 - Feb. 19
Computer crashes, power outages, cancelled meetings and staff shortages are just a few reasons why your work day will be different. But you also might have an exciting change!

Pisces
Feb. 20 - March 20
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social engagements and sports events could be canceled or changed. Hmmm.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Your daily crossword and Sudoku answers from the play page.

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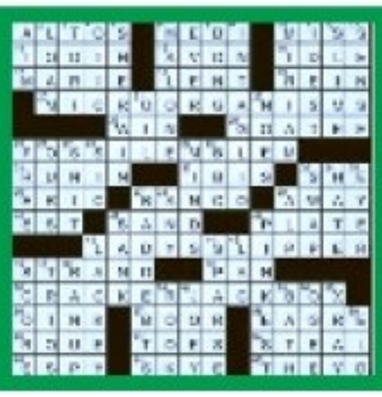

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